

Sidelines Express

The newsletter of Collaroy Cromer Strikers Football Club

Manly Warringah Football Association 'Newsletter of the Year' 2005

www.ccstrikers.com

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Mimmo's Photo Of The Week

Caption: Winner of this week's Mimmo's Photo Of The Week Competition' is this shot of Caerwyn from the U6 Zebras. Photo taken by Kylie Sabine.

Winner of Mimmo's Photo Of The Week Competition for the last 4 weeks is Kylie Sabine for her shot of Mark from U6 Zebras in Issue 5 on 24th May. Her prize is a \$25 meal voucher at any of the Mimmo's Pizza Express outlets.



Speed In Soccer

In the mid 1950s the nature of the game changed forever when the great Hungarian National Team defeated England, 6-3, in Wembley - a game that was not as close as the score indicated. Observers of that game commented on the remarkable speed and work rate of the Hungarians, and the Hungarians had four or five players who could run the 100 metres in 11.5 seconds or less.

In the 1974 World Cup it was reported that all of the field players from the former East Germany could run under 11 seconds for the 100-metre - from four to five players in the '50s under 11.5 seconds to the entire team under 11 seconds 20 years later. Now, 11.5 seconds might not be fast enough for a decent high school track team. The game today is played so much faster than the game in the past.

Is that a result of a better athlete, better coaching, or something else? We would like to think it is the first two, but we also see coaches using the free substitution rule to encourage players to run as fast as they can. Players are able to get tired and then be pulled for a rest. So play-

ers have the mindset to sprint whenever they are on the field. If you have watched recent premier league men's finals you have seen teams that try to play at a fast pace all game against teams that play a more controlled pace and use speed selectively.

Speed is an elusive creature. Is it innate, or can it be developed? What goes into the concept of speed? The first player to the ball may not be faster than the opponent; some people just consistently get there first. Ajax, the storied club from Holland, uses their TIPS plan to evaluate 16 year olds: Technique, Intelligence, Personality and Speed, and they consider speed as the trait with the least potential for improvement.

Speed can be described as having seven components: perceptual speed (using the senses to decipher various elements of the game), anticipation speed (predict what will happen before it happens), decision-making speed (making decisions in the shortest amount of time), reaction speed (ability to react to some action by teammate or opponent), speed without the ball

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(maximum movement speed), speed with the ball (movement with the ball at the highest possible speed), and game-action speed (make effective tactical decisions to changing conditions).

Physically, development of speed is largely based on improvements in a player's running form. From experience we can say that the running form of soccer players will never be confused with that of a sprinter in track. Speed specialists think running speed can be thought of as a combination of starting speed, acceleration, top-end speed, deceleration and matching speed with teammates (think of the running back that out runs his blocking).

In addition, remember that agility and speed are two different animals. The fastest players are not necessarily the most agile and the most agile may not be the fastest. Elements of agility and lateral speed involve recognition, reaction, decisions, balance, footwork, change of direction, and avoiding obstacles.

Referees Cards and Results

All competition teams are reminded to check that ALL SECTIONS on referees cards are completed in full. Please do not staple or sticky tape labels to cards. Fines may be issued to teams with incomplete or incorrect information on cards. When phoning through results, please advise whether or not an official black & white referee was in attendance.

ID Check - Reminder

All teams are reminded that the procedure of ID checking must be undertaken at every game. TEAMS WHO ARE REPORTED AS NON-COMPLIANT WILL INCUR A PENALTY OF ONE MATCH POINT. Please ensure you are ready to undertake the ID check at the time marked on your draw.

Visit Your GP Before Proceeding With Insurance Claim

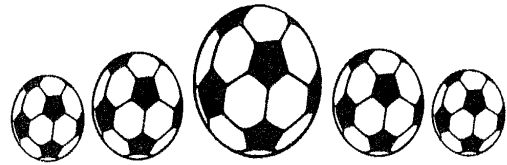
CC Strikers would like to remind all managers and coaches that if a player wishes to proceed with any football insurance claim they MUST FIRST OBTAIN A MEDICAL REFERRAL from their GP before commencing any Non-Medicare treatment (physio, chiropractic, etc).

Also, they need to be aware that Federal Legislation currently prevents any insurance company from offering cover for Medicare items and the Medicare Gap.

Please refer to the Accident Support Information sheet which was distributed to all players at the beginning of the season.

For more information, the QBE Insurance Product Disclosure document can be obtained at http://www.football-nsw.com.au/fileadmin/user_upload/Insurance/QM1.pdf

If any player receives an injury that they believe warrants a insurance claim please contact richard Hooker, the club's Vice president on: 9982 8998 or 0408 665578.



Do You Know The Rules?

Substitution Procedure and Changing Goalkeeper

To replace a player by a substitute, the following conditions must be observed:

- the referee is informed before any proposed substitution is made
- a substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee
- a substitute only enters the field of play at the halfway line and during a stoppage in the match
- a substitution is completed when a substitute enters the field of play
- from that moment, the substitute becomes a player and the player he has replaced ceases to be a player
- a player who has been replaced takes no further part in the match
- all substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

Any of the other players may change places with the goalkeeper, provided that:

- the referee is informed before the change is made
- the change is made during a stoppage in the match.

Infringements/Sanctions

If a substitute enters the field of play without the referee's permission:

- play is stopped
- the substitute is cautioned, shown the yellow card and required to leave the field of play
- play is restarted with an indirect free kick at the place the ball was located when play was stopped.

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- play continues
- the players concerned are cautioned and shown the yellow card when the ball is next out of play.

For any other infringements of this Law:

- the players concerned are cautioned and shown the yellow card.

Source: Law 3 the Number of Players
FIFA Laws of the game 2007/2008

Away Shirts and Bibs For Training

Away shirts are available for those occasions when as the home side CC Strikers' shirts are of similar look to the opposition shirt. These can be obtained from the gear steward but you will have to organise the pick-up and return.

Bibs for training purposes can also be obtained from the gear steward. A \$50 deposit is required which is refundable at the end of the season.

Contact John and Mandy Dedman on 9981 4405.



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AusElite Football Presents



July Mini Holiday Camp

Dates: THURSDAY JULY 17th & FRIDAY JULY 18th

Venue: St Matthews Farm

Time: 9.00am – 1.00pm

Age: 5–14 Year Olds

Cost: \$75 first day includes T-shirt - \$60 second day

Concession: \$125 both days

Each player must wear appropriate clothing and footwear eg. football boots, shin-guards, kit and must bring a drink, snack, raincoat, sunscreen and any prescriptive medication: eg. Asthma pumps etc.

Players of all levels of ability including beginners are welcome.

To register and to receive your registration form please email:

auselitefootball@hotmail.com

For more information please contact:

Neil Davies: 0411 614728 or

Andrew Snell 0433 266 100

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Softball Camp for Girls

Warringah Softball Club would like to extend an invitation for your female football players from years 1 to 6 to join us in the July school holidays to participate in a "Try Softball" camp. As you may or may not be aware Warringah Softball Club has been running a softball camp in the July school holidays for the last 3 years.

The camp is aimed at girls who are looking for a team to play in over summer. The "Try Softball" hopes to encourage the girls to become involved in playing the wonderful summer sport of softball.

You can get additional information and download registration forms from their website at:
<http://www.warringah.softball.net.au/>

Club Awards

The committee needs nominations for the following:

- a) Junior Player of the Year (Paul Richards Award) - this is for a player who has contributed to holding a team together in some exceptional way or is an example of what the game is all about (not necessarily the best player in the team)
- b) Junior Coach and Manager of the Year - not necessarily the person who is the coach or manager of the division one team but someone who displayed an exceptional example as a coach or manager
- c) Sub Junior Coach and Manager of the Year - the coach or manager who has brought out the best in his/her charges.

Canteen Roster for July			
8-9.15am	9.15-10.30am	10.30-11.15am	11.45-1.00pm
19/07/2008			
WU16 Div 3	WU16 Div 4	U16/1s	U21 Div 1
26/07/2008			
U7 Cahills	WU16 Div 1	W7 Vidukas	U8 Crufts



What's In A Name

Under 7 Kewells - Harry Kewell

Harry Kewell is regarded within the media as "Australia's finest football export", despite his career being blighted with injury.

At the age of 9, Kewell was offered the opportunity to travel to England and trial with English Premiership football club Leeds United. Kewell made his Leeds United debut as a 17-year-old. Playing mostly in a left midfield role and in attack, Kewell became one of Leeds' young stars in a troop of highly promising youngsters, eventually playing alongside fellow Australian Mark Viduka. The high point of this period was when they helped Leeds to the semi-final of the UEFA Champions League in 2000-01. Kewell's efforts at Leeds United gained him international recognition for his talents as the finest left footer in the game at the time.

Kewell became the youngest player to debut for the Australia national team when he played against Chile in April 1996, aged 17 years and 7 months. In November 1997, Kewell was selected to play for Australia in the country's World Cup qualifying game against Iran.

Kewell moved to Liverpool for the start of the 2003-04 season, becoming the only Australian-born player to win the UEFA Champions League, playing in Liverpool's win over A.C. Milan on penalties. Kewell's form for Liverpool in the 2005-06 English Premier League season showed what he was truly capable of, scoring goals and plenty of assists. Kewell played in the 2005-06 FA Cup Final, only to be substituted in the 48th minute due to abdominal pains.

Kewell was injured for the start of the 2007-08 season, and he faced an uncertain future at Liverpool having suffered yet another injury, which has sidelined him for the first month of the Premier League season. Because of recent injuries, his future at Liverpool is uncertain.

In November 2005, Australia qualified for the 2006 FIFA World Cup taking place in Germany. To reach the World Cup Australia beat Uruguay in a two-legged play-off. Kewell was considered instrumental in the Socceroos' defeat of Uruguay, turning the course of the match when he entered as a substitute. He scored the first penalty for Australia in the deciding penalty shoot-out.

Kewell played in Australia's opening game of the 2006 FIFA World Cup against Japan in Germany. He did not start for Australia in their second group match against Brazil but again entered as a substitute. Against Croatia he scored the crucial goal to get Australia through to the knockout stages of the 2006 World Cup. Australia only needed a draw to qualify for the second round for the first time. He was also awarded Man of the Match, which made him Australia's second Man of the Match at a World Cup after Tim Cahill who had won an award earlier in the tournament.

More recently, Kewell did not play either of Australia's first two matches against Qatar and China for the 2010 FIFA World Cup Qualification. Kewell was made captain for Australia's qualifier against Iraq on June 1, 2008. He scored the only goal with a header in the 47th minute as Australia won 1-0. Kewell also scored the third goal against Qatar in Australia's 3-1 win to put them into the final qualification round.

Source: Wikipedia, 1st July 2008

Match Reports

U/8 Platinis 2 Vs HSU Lions 2

This was the best team game of the year with everyone working hard together in a very exciting match. We were treated to two halves of superb goalkeeping by Daniel and Blake with diving saves and lightning reflexes. The end result was a fair draw with a game highlighted by Lachlan with three long range shots at goal, Cameron was outstanding with two goals one being perfectly set up by a centre pass from Damien, Mathew with his rock like tackles and clearing kicks, Nathan's solid defensive play, Tom covering more metres than a distance runner, Damien with solid tackling and passing and Sam who is committed as always with his forward play.

It was a nail bitter and congratulations to Mathew for his Player of the Week award.

U10/5s Vs Seaforth 0

After last week's devastating loss, the boys needed to refocus to ensure we kept winning and maintain our second place. Seaforth looked to have improved since our first meeting and the contest was fairly tight, with Strikers having the better field position but not really threatening the goal too much. Many of our first attempts were wayward, but at least we were winning the ball and creating pressure. Finally the breakthrough came after Lochie's great cross found Leo in the box who finished well. More forward pressure saw Leo collect a second after a determined individual effort in the opposition penalty area. Leo finished a superb hat-trick after some great midfield play and lead up work from Max.

The second half saw many players in changed positions with a licence to attack. The next goal started from an excellent Eden clearance in defence, then Jayden's beautiful pass found Lochie in space who finished well. The final goal was a cracker; a sweeping movement that started with Leo in defence, through Lochie in midfield and onto Amy, whose clinical finish cannoned in off the post.

Five goals was a good if not great effort, but we were denied quite a few by the opposition goalkeeper who was excellent. A bit different from last week's fast and furious game, this one seemed to go in slow motion at times. There were good performances from Jordan in midfield, Leo (3 goals), Lachlan in defence (first half), David, Amy, Eden and Luke G (great captain's game).

Goals – Leo 3, Lochie 1, Amy 1

Player of the Week – Luke G

Encouragement Award – Eden

12/2s 0 Vs Brookvale 0

After a 4-nil loss to Brookvale in the first round we were looking for a big performance this time around. The boys probably played their best game of the season and the game turned out to be very exciting with a fair result of nil all.

Man of the match was shared by Darcy Munce and Kyle Roache-Oliver for their great defence. James Boyer also had a great game marking their main strike player.

We Need Your News and Match Reports

Sidelines Express wants your team achievements (match reports, interesting bits of information, even a team profile. Please send to: news@ccstrikers.com